

From Story to System Change

Post-Event Resource Kit

Unsinkable × Stepped Care Solutions
Fireside Chat | May 6, 2025

Curated & Moderated By Afreina Noor
Unsinkable Lead for Partnerships



**Stories don't end
when they're told.
They move—through
people, communities,
and systems.**

**This resource kit is designed to help you continue that movement:
whether you're sharing a story, holding one, or responsible for
acting on it.**



Start Here

Unsinkable

Storytelling for connection, community, and change

- Share lived experiences
- Engage with community narratives
- Bring storytelling into your work

Stepped Care Solutions

Designing systems that respond to real human needs

- Apply Stepped Care 2.0® frameworks
- Integrate lived experience into service design
- Build responsive mental health systems



If You're Sharing Your Story

Mental Health Commission of Canada

Sharing Your Mental Health Story Guide

Mental Health Research Canada

Lived Experience Reports

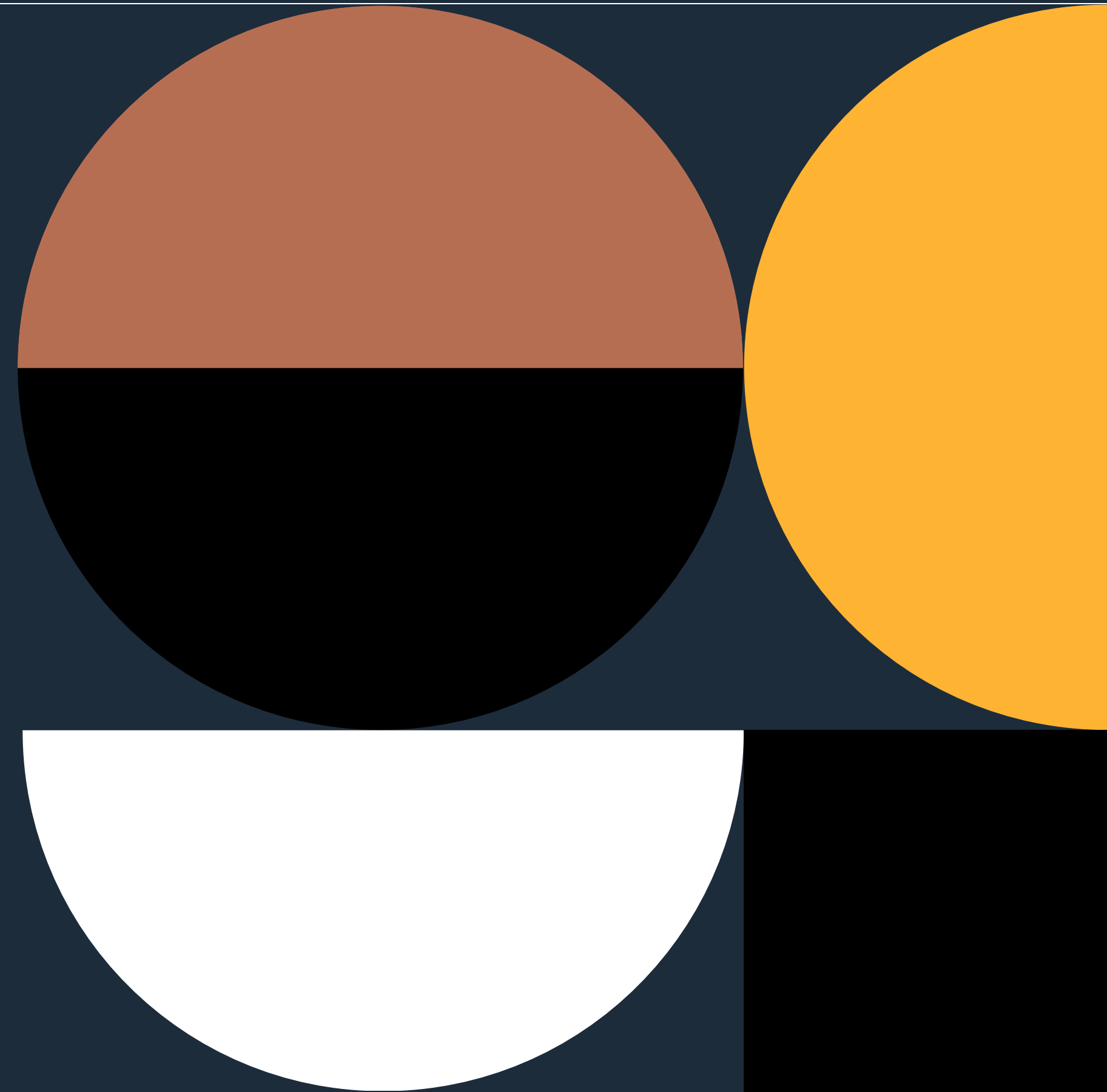
If You Work with Lived Experience

Registered Nurses' Association of Ontario

Engaging Lived Experience Toolkit

Canadian Mental Health Association

National Council of Persons with Lived Experience



If You Work in Systems or Policy

Government of Canada

Mental Health & Workplace Resources

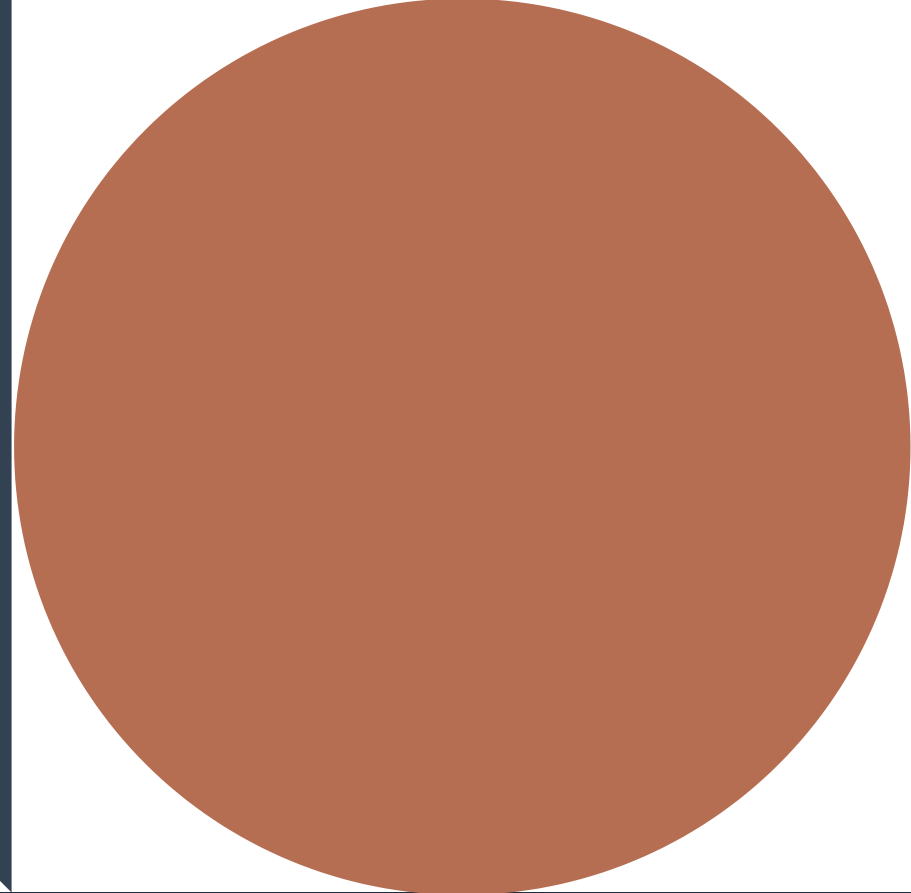
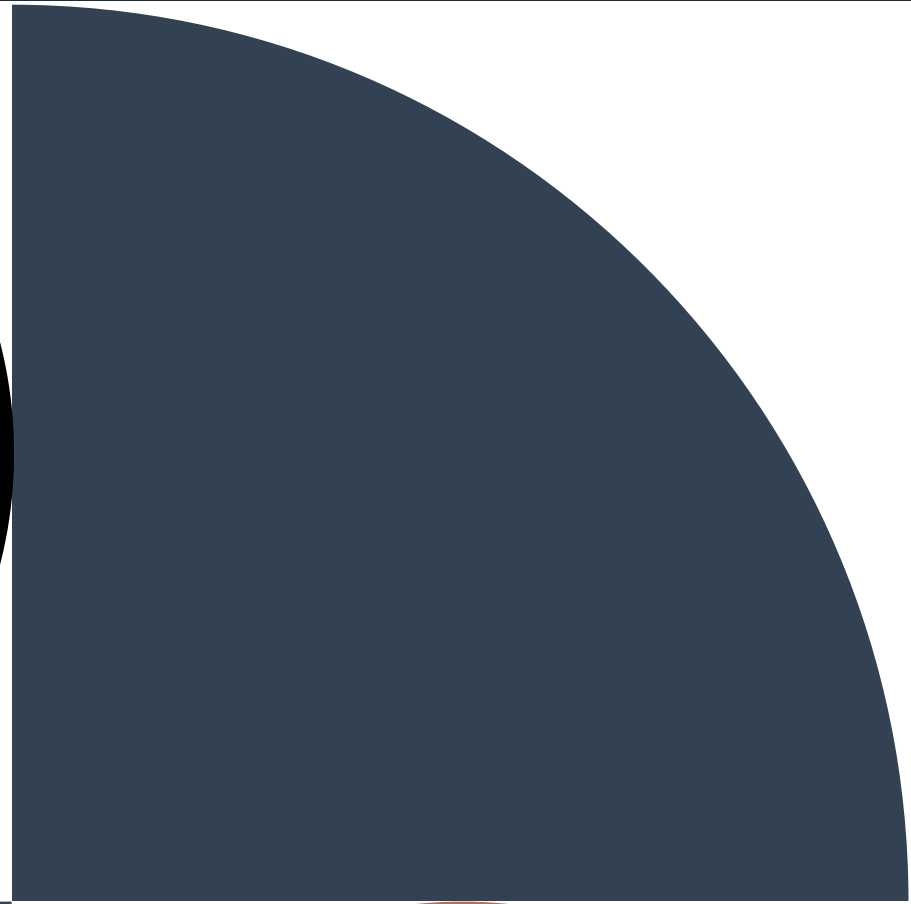
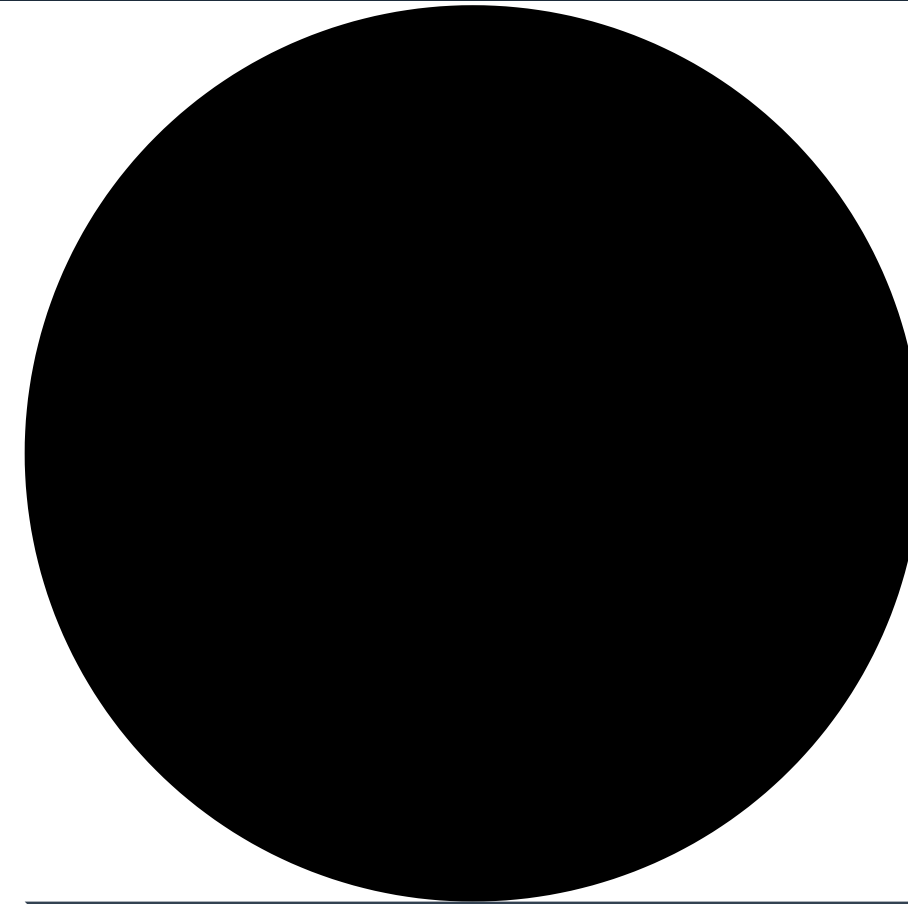
Governor General of Canada

Mental Health & Wellness Initiatives

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Jack.org
Bell Let's Talk

**If You're Building
Community or
Advocacy**





If You Need Ongoing Support

Wellness Together Canada


HeadsUpGuys



Apply This

After this conversation, ask yourself:

- What story am I holding—and what responsibility comes with it?
- Where can lived experience meaningfully shape decisions in my work?
- What would it look like to move from listening → action?



**Stories are not
endpoints.
They are inputs into
how we understand,
design, and care.**

Unsinkable × Stepped Care Solutions

**Building bridges between lived experience and
systems change**

This conversation was brought to you by Unsinkable@Work

You can bring a similar storytelling-driven mental health dialogue into your workplace or community.

Unsinkable@Work offers facilitated experiences that turn lived experience into meaningful cultural and systems change.

Contact

Afreina Noor

Partnerships & Engagement Lead
Unsinkable

afreina@weareunsinkable.com

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